

# Heat Stress and Heat Illness Resources

To find more information about heat related illness, visit the following websites:

- The new Cal/OSHA Heat Illness Prevention Regulation:  
[www.dir.ca.gov/oshsb/heatillnesspropreg.pdf](http://www.dir.ca.gov/oshsb/heatillnesspropreg.pdf)  
[www.dir.ca.gov/DOSH/heatillnessinfo.html](http://www.dir.ca.gov/DOSH/heatillnessinfo.html)
- Cal/OSHA and Heat Stress - A Compendium of Cal/OSHA's Regulations Relating to Heat Stress  
[www.baesg.org/coshheat.htm](http://www.baesg.org/coshheat.htm)
- Protecting Workers from Heat Stress - from Cal/OSHA's "Farm Labor Contractor Safety and Health Guide"  
[http://danrrec.ucdavis.edu/ehs/FLC\\_Eng\\_Agr\\_Posting\\_Req.pdf](http://danrrec.ucdavis.edu/ehs/FLC_Eng_Agr_Posting_Req.pdf)
- Working Outdoors – from OSHA  
[www.osha-slc.gov/SLTC/heatstress/recognition.html](http://www.osha-slc.gov/SLTC/heatstress/recognition.html)  
[www.osha.gov/Publications/osha3154.pdf](http://www.osha.gov/Publications/osha3154.pdf)  
[www.osha.gov/Publications/osha3155.pdf](http://www.osha.gov/Publications/osha3155.pdf) (Español)
- Heat Stress - OSHA Technical Manual, Section II - Chapter 4  
[www.osha-slc.gov/dts/osta/otm/otm\\_iii/otm\\_iii\\_4.html](http://www.osha-slc.gov/dts/osta/otm/otm_iii/otm_iii_4.html)
- Extreme Heat – from CDC  
[www.bt.cdc.gov/disasters/extremeheat/faq.asp](http://www.bt.cdc.gov/disasters/extremeheat/faq.asp)  
[www.bt.cdc.gov/disasters/extremeheat/heattips.asp](http://www.bt.cdc.gov/disasters/extremeheat/heattips.asp)
- NIOSH safety and health topic  
[www.cdc.gov/niosh/topics/heatstress/](http://www.cdc.gov/niosh/topics/heatstress/)
- Heat stress in agriculture – from EPA  
<http://are.berkeley.edu/heat/heat.stress.epa-98.guide.htm>
- Heat Stress Illness – from American Red Cross  
[www.redcross.org/services/hss/tips/heat.html](http://www.redcross.org/services/hss/tips/heat.html)
- Heat Illness On The Job - in Cantonese, English, Hmong, Korean, Mandarin, Spanish, Vietnamese  
[http://www.dir.ca.gov/DIRNews/PSA\\_Page.html](http://www.dir.ca.gov/DIRNews/PSA_Page.html)
- UCLA - LOSH  
[www.losh.ucla.edu](http://www.losh.ucla.edu)